

MORE ROUGHAGE IS SLOGAN FOR HEALTH BOARDS

More roughage is the slogan that municipal and state health boards should adopt to increase the efficiency of workers in their domains.

Recent investigation on the relation of food to human efficiency have been made the subject of careful study both by dietitians working independently and also by boards of health and other health organizations.

Out of it all has come a mass of information to show certain defects in the diet habits of the average person.

Aside from the value of any specific list of foods, indisputable evidence has been secured to show that the roughage portion of the average diet has received too little attention in the past. In this class is a long list of foods such as spinach, leafy vegetables, fruits, bran, and others, all of which, by their bulk and fibre content, have marked beneficial qualities. Of these bran is declared to be particularly acceptable because of its cheapness and ease of preparation. It contains about 8 percent of mineral salts and is known to have favorable action on brain and nerve cells. It also contains phosphorus and calcium, and, physicians say, there is no danger from a too great supply in the diet.

Some state boards of health are taking a definite stand on the matter of a more efficient diet particularly as it effects general health habits. Speaking on the matter of the substitution of roughage foods for drug cathartics, Dr. S. J. Crumblin, secretary of the Kansas State Board of Health recently, said, "I think it

is very generally agreed that producing cathartics by drug action, if continued with any degree of regularity, is harmful.

"Overcoming constipation by a proper selection of diet, including a liberal use of fruits, vegetables, and coarsely ground grains, including bran, is certainly more effective and without harmful results. There is scarcely any question but what the liberal use of bran in the diet will beneficially affect the most obstinate case of constipation."

At a recent discussion of the question of food and working efficiency it was stated that most persons are eating their way into untimely graves without knowing it, both by eating too much and by the use of foods that are not easily digested or that lack the requisite amount of cellulose.

The summarized opinion was that everyone could increase his working efficiency by reducing the amount of his food and by adding to the diet fruits and bran.

THE FIRST CHRISTMAS

Birth of the Christ Child Announced by Angel.

Good Tidings of Great Joy to All the People in Coming of the Savior.

NOW it came to pass in those days, there went out a decree from Caesar Augustus, that all the world should be enrolled. This was the first enrollment made when Quirinus was governor of Syria. And all went to enroll themselves, every one to his own city. And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, to the city of David, which is called Bethlehem, because he was of the house and family of David, to enroll himself with Mary, who was betrothed to him, being great with child. And it came to pass, while they were there, the days were fulfilled that she should be delivered. And she brought forth her first-born son; and she wrapped him in swaddling clothes, and laid him in a manger, because there was no room for them in the inn.

And there were shepherds in the same country abiding in the field, and keeping watch by night over their flock. And an angel of the Lord stood by them, and the glory of the Lord shone round about them; and they were sore afraid. And the angel said unto them, Be not afraid; for, behold, I bring you good tidings of great joy which shall be to all the people: for there is born to you this day in the city of David a Savior, who is Christ the Lord. And this is the sign unto you: Ye shall find a babe wrapped in swaddling clothes, and lying in a manger.

And suddenly there was with the angel a multitude of the heavenly host praising God, and saying,

Glory to God in the highest,
And on earth peace among men in whom he is well pleased.

Buy Home Bread.

When you buy bread made in Snyder, you keep Snyder money at home. We have installed quite a bit of machinery in order to be prepared to supply your needs and are home people. Let's build our town rather than tear down.

Snyder Bakery.
Ralph Mathison, Prop.

At the Baptist Church.

There will be a special New Year's service at the Baptist Church Sunday morning. "The American Home" will be the subject for the evening sermon. Sunday school at 10 a. m. The new song books have arrived. Come out and help us sing, a book for all.

Jeff Davis, Pastor.

Mrs. W. S. Adamson and little daughter, Margarette, of Ranger, are here spending the week with friends in the city.

The Rag Doll's Christmas



HERE was once a very, very old rag doll who lived in a nursery. She was so old that she had seen all the children grow up—the boy who wore trousers now, the girl who had her hair done in braids, the middle-sized child who had so often left the rag doll out in the garden at night. There was only the baby left—bless his pink toes!

But the rag doll was very, very old, and one beautiful Christmas time she began to show her age.

Her hair had been combed so much that it had come out dreadfully, and her nose, from a great deal of kissing, was entirely gone. Her pretty pink cheeks had been washed away when the boy tried to teach her to swim in the bath tub, and all her clothes were very untidy indeed.

The baby never noticed all these things, but the toys did; they all made the most unkind remarks to the rag doll the day before Christmas.

"Look at your dirty face," said the large French doll. "You'll be put in the attic to-night. That's where the old dolls go." "Look at your dress," said the jumping jack. "It is all torn. I wouldn't walk across the nursery floor with you."

"Did you ever see such thin hair?" asked the hobby horse. "I thought my tail was thin, but it isn't to be compared with that!"

But just then the nursery door opened, and the Christmas Angel came in. You could be perfectly sure that it was the Christmas Angel even if she did have on a gingham apron, because her face shone so through the dark.

"The French doll must go up to the attic," said the Christmas Angel. "There is a more beautiful new best doll coming."

"Why, the jack-in-the-box has forgotten how to jump."

You see the jack-in-the-box had been so excited about the rag doll's dress that he had broken his spring.

"The jack-in-the-box must go up to the attic, too," said the Christmas Angel.

Then she went over to the hobby horse.

"Poor, old hobby-horse!" she said. "Your leg is very badly broken. I will take you up to the attic until you can be mended."

"There," the Christmas Angel said at last, "the nursery is all tidy, and ready for new toys—but, dear me, what's this? Why, it is the little rag doll!"

"Oh, please, do I have to go to the attic, too?" said the rag doll. "It's very cold there, and I know the best doll will have the chimney corner for herself—and I don't want the mice to gnaw my toes!"

"Why, you dear old thing!" said the Christmas Angel. "You're the same rag doll that I used to play with when I was little. You go to the attic? Why, I just guess not! We couldn't get along without you in the nursery. You do need a little mending, but I am going to sew you, and then you shall sit on the very tippitop of the Christmas tree."

The Christmas Angel lighted one of the Christmas candles so that she could see to sew. Then she took the rag doll in her lap and opened her working and set to work.

First she stuffed the rag doll's insides with plenty of cotton so she could sit up. Then she sewed her toes and put new little white stockings and black shoes on her feet. She took a piece of clean, white cloth and covered the rag doll's dirty face, and painted in blue eyes and a smiling red mouth and vermilion cheeks. She sewed on a new yellow wig; and then she made a pink and white checked gingham dress with puffed sleeves and a white apron with strings to keep the dress clean, and a pink-and-white checked sunbonnet to tie under the rag doll's chin and keep her hair tidy.

"I think you will do now, you dear old thing," said the Christmas Angel. So it came Christmas morning, and there on the tippitop of the tree sat the rag doll quite made over. The children thought her really the most beautiful of all the Christmas things. As for the rag doll herself—why, all the pleasure of her old days was as nothing to the happiness that was hers now. —Carolyn E. Bailey, in Kindergarten Review.

We Knew You'd Come



JOY OF CHRISTMAS

Season Proves That Men and Women Are Friendly Beings.

Desire to Make Presents and to Be Cheerful Shows People Wish to Be Congenial.

ONE of the finest things about Christmas is its truthfulness, the joyous reality of it. At Christmas time no exhortation is necessary to make it go; Christmas never has to be made a "success," as a parade or a pageant.

Christmas is in a certain sense an institution; it comes at a certain date each year; it always has its Christmas tree, its stocking, its poultry dinner colored with cranberries. But it is one of those institutions that has never been institutionalized; it exists in the nature of man.

Christmas proves to us that men, women and children are at heart friendly beings. The spontaneity of Christmas giving and Christmas cheer proves what people really want to be—good friends.

Wars go on at other times; men and women quarrel among themselves over property or over other men and women; artificial requirements are imposed that lead to greed, dishonesty and bitterness. But at Christmas time there comes over the broad surface of our western civilization, which is pretty much like other civilizations, a great revelation to type. Man wants most to be happy, he wants to dance and sing and to make other persons happy. At other times than Christmas something seems to be wrong, and man reasons that someone else is to blame.

At Christmas time there is a general forgetting of everything but being natural. Christmas is the great annual armistice of that portion of humanity that has come to be segregated under the name of Christendom.

Christmas is the finest thing that has come out of Christianity, because it is the friendliest thing. Men and women are not naturally and healthily meddlers; the best part of their lives and the most of their happiness does not come from the tyranny they exercise or the repressions they set up or the reformatory cruelties they inflict on others.

At Christmas time men and women

forget to be anything but children again.

Perhaps some day there will be a sort of Christmas every day of the year. Perhaps men and women will be able to forget more often and more completely, and thereby live more completely, the elimination of bitterness and artificial antagonisms being both the cause and the effect of this happy state.

Perhaps one of the lessons of Christmas is that we have more to forget than to learn.—Detroit News.

We were the recipient of a nice Christmas present on Christmas eve from Mr. D. P. Lane, of a pretty walking cane. This cane was made by Mr. Lane himself out of a Scurry county growth. We will send this present to some one of our friends back east who will be delighted to receive it. We thank you Mr. Lane.

Miss Lizzie Smith of Lubbock is in the city visiting at the home of E. P. Lane and other relatives.

Miss Ruby Forrester, who is teaching near Tulsa, is the guest of Miss Lillian Fish, and other friends in the city.

Mr. and Mrs. Glen Stark are expected to arrive the latter part of this week from Snyder to visit at the home of Mr. and Mrs. Guy Stark for a few days.—Seminole Sentinel

Misses Zada and Veda Maxwell, teachers in the public school of Sweet water, are visiting their parents, Mr. and Mrs. J. C. Maxwell.

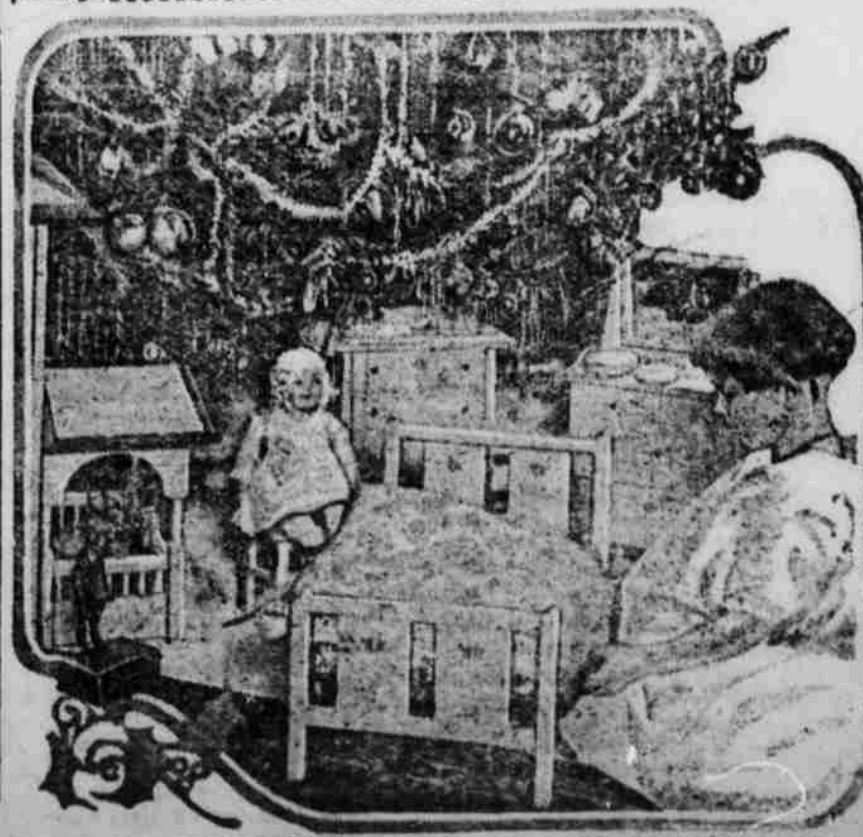
Wayne Boren, a student of the State University, is here spending the holidays with his parents, Mr. and Mrs. I. W. Boren.

Mrs. R. L. Higgins and Miss Nell of Sour are here this week visiting relatives and old friends.

Mr. and Mrs. O. P. Trueblood of Dallas are visiting their daughter, Mrs. Harvey Shuler, and meeting old time friends.

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Things That Santa Brought



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No. 1.

163 acres, well improved, 6 miles of Snyder; price \$40.00.

No. 2.

320 acres, improved; 6 miles Snyder; price \$25.00.

No. 3.

160 acres, improved; 7 miles Snyder; price \$27.50.

No. 4.

258 acres black land 5 miles Snyder; price \$40.00.

No. 5.

160 acres, improved; 8 1-2 miles Snyder; price \$40.00.

No. 6.

80 acres, improved; 4 miles Snyder; price \$40.00 per acre.

DODSON & TAYLOR

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Purina Stock Food

For horses, cows, hogs and poultry. Try it for your hens that are not laying and your stock that are not doing well.

We pay highest prices for Eggs and Poultry

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